BLACK PEPPER CHEESE PUFFS

(Merrie Olde England)

3 large eggs, separated
Dash salt
½ teaspoon ground black pepper
⅛ teaspoon ground nutmeg
1½ cups grated Cheddar cheese
Buttered bread slices, crackers or sliced Italian bread

1. Beat egg yolks. Add salt, black pepper, nutmeg and cheese.

2. Beat egg whites until they stand in soft, stiff peaks. Fold into the mixture. Pile on buttered bread or crackers.

3. Bake in a preheated hot oven (400°F.) until puffed, 12 to 15 minutes. Serve hot for lunch, supper or as hors d'oeuvres.

Makes 6 servings